

Glossary

- **Anger** – A basic emotion expressing dislike or displeasure.
- **Anxiety** - A state in which an individual experiences feelings of uneasiness and worry and tends to anticipate that there will be danger or failure in the future.
- **Artificial Intelligence** – A subfield of computer science enabling software programs to run machines just like human intelligence.
- **Attention** – Sustained concentration on specific stimulus
- **Cardinal traits** - In Allport's theory of personality it refers to a trait that is so powerful and pervasive that almost every act of the individual is influenced by and can be traced back to it.
- **Central traits** - In Allport's theory of personality it refers to relatively general characteristics of an individual that apply to most circumstances.
- **Concept** – A mental representation or idea that represents a category.
- **Conscientiousness** – One of the personality factors in the Big Five Factor Model characterised by the tendency to be responsible, organised, and hardworking.
- **Correlation Coefficient** – A number which denotes the magnitude and direction of the relationship between two variables, it ranges between -1.00 to + 1.00.
- **Delusion** - A false belief that is strongly held by an individual even in the presence of contradictory evidence.
- **Dependent Variable** – The variable being studied in an experiment it may change due to manipulations of the independent variable.
- **Depression** - A state of experiencing sadness, pessimism, loss of interest in activities that previously were enjoyable along with physical, cognitive and behavioural changes.
- **Distress** - A negative emotional state indicating worry.
- **DSM-5** - The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders-5 was published by the American Psychiatric Association in 2013; it is a widely used manual on the definition and classification of mental disorders.
- **Dysfunction** - Any impairment or disturbance leading to abnormality in behaviours or functioning.
- **Emotional abuse** - It is a non physical form of abuse in which an individual purposely subjects another to behaviours such as intimidation, isolation, humiliation, rejection and verbal abuse.
- **Emotional Intelligence** - An individual's ability to perceive, assess, evaluate and regulate one's own and other's emotions accurately.
- **Emotional well being** - It is an overall positive state of one's emotions.
- **Emotions** - A complex response pattern which involves physiological arousal, expression of behaviours and conscious experience.
- **Empathy** - it is the ability to understand and share the similar feelings of another.
- **Extrovert** – An individual who is social, outgoing and openly expressive prefers social interactions.

- **Hallucination** - It is a false perception that occurs in the absence of a stimuli.
- **Happiness** - An emotional state showing feelings of joy, gladness, satisfaction and well being.
- **Heredity** - It is the genetic material that partially determines individual characteristics and is transmitted from one's parents to their children (offspring).
- **Hypothesis** - A tentative explanation that can be tested to determine if it is true.
- **ICD- 11** - The International Classification of Diseases and Related Health Problems issued by the World Health Organisation (WHO) consisting of a manual on the definition and classification of mental disorders.
- **Independent Variable** - In an experiment the variable that is systematically changed or manipulated by the experimenter in order to study its effect on the dependent variable.
- **Intelligence Quotient** - The standard score of an individual's intelligence based on an intelligence test. It is also known as IQ.
- **Interview** - An assessment tool for data collection involving face to face communication that can be used for diagnosis and in research.
- **Introvert** - An individual who is reserved, quiet and prefers working independently.
- **Learning** - The ability to acquire knowledge or skills, or any relatively permanent changes in one's behaviour as a result of experience or practice.
- **Life above zero** - It is an element of positive psychology that involves adopting mindful responses to various experiences in life to raise our mental well-being and make life enriching and meaningful.
- **Mental age** - Is a measure of a child's performance on an intelligence test and relative to the performance of other children of the same age on the same test.
- **Mental Health** - It is a state of mind that is characterised by emotional well-being, good adjustment and ability to cope with the demands and stresses of daily living.
- **Mental Representation** - An internal representation of information.
- **Mental wellbeing** - It is a feeling of wellness in which an individual realises his or her own potential, can cope with stressful situations and can make productive contributions to the society to live a meaningful life.
- **Mindfulness** - It is a state of being conscious and fully aware of the present moment.
- **Neuroticism** - One of the personality factors in the Big Five Factor Model characterised by the tendency to experience negative emotions such as nervousness, tension and worry.
- **Optimism** - It is a positive mental attitude that is characterised by hopefulness and a belief that good things will happen in the future.
- **Participant** - In a research study the individual who voluntarily participates and whose behaviour is being studied. Also called a subject or experimental participant.

- **Perception** - The process by which we recognise, organise and interpret of sensory information.
- **Performance tests** – Any test that requires the individual to perform or do something such as completing a task or manipulating objects rather than respond using language.
- **Pessimism** - It is a negative mental attitude that is characterised by hopelessness and an anticipation that negative events are more likely to happen.
- **Positive psychology** - This is a branch of psychology that focuses on strengths and virtues that enable individuals, communities and organisations to thrive.
- **Procrastination** - Is the avoidance of completing a task that needs to be completed.
- **Projective methods** – They are techniques which use vague or ambiguous stimuli which allow the individual to reveal their personality through their unique responses.
- **Questionnaire** – An instrument typically used in a research study that consists of a series of questions that is used to collect information from the participants.
- **Rating Scale** – An instrument in which a respondent gives a numeric value (i.e. rates) to an object or stimulus.
- **Replicability** – It is the possibility to replicate a research or its findings in order to test its validity.
- **Resilience** - This is the process of successfully adapting to challenges and difficulties in life.
- **Schema** - An organised framework of knowledge based on past experiences and memory and helps in perception and interpretation of new information in terms of existing knowledge.
- **Sleep hygiene** - Techniques and routines that can be followed to improve sleep patterns.
- **Social Intelligence** – An individual's ability to effectively relate to others.
- **Social phobia** - An anxiety disorder in which the individual experiences high levels of distress in social situations preventing them or causing them to avoid participating in social situations.
- **Stigma** - A negative social attitude which is associated with individuals diagnosed with a mental disorder and often leads to social disapproval, discrimination and exclusion of that individual in society.
- **Syndrome** - A set of symptoms that tend to occur together and can be associated with a particular physical or mental disorder.
- **Thinking** – It is a cognitive process which involves mental representation and manipulation of information.
- **Trait approach** – According to this perspective every individual possess specific characteristics and patterns of behaviour that shape personality.
- **Trigger** - An event or stimuli that causes a reaction.
- **Type approach** - According to this perspective individuals are classified into groups based on certain characteristics which shape personality.

